

1 Time 2 Times

拍數: 36 牆數: 2 級數: Improver
編舞者: Sebastiaan Holtland (NL) - July 2010
音樂: Bad Temptation - Andrés Esteche : (CD: Just Like A Boomerang 2003)



Intro: 32 Count (16 sec)

Sec 1: 1-8 Cross & Cross, Lift, Weave, Fwd Mambo, 1/4 Turn L, Back Mambo

1&2& Cross Rf over Lf, step Lf slightly to the left side, and cross Rf over Lf, and lift L knee up (12)
3&4& Cross Lf over Rf, step Rf to the right, step Lf behind Rf, and step Rf to the right weight onto Rf
5&6 Mambo forward on Lf, recover on Lf, and step Lf beside Rf weight onto Lf
7&8 Make a 1/4 turn to left (9) and mambo back on Rf, recover on Lf, and step Rf beside Lf take weight onto both feet

Sec 2: 9-16 Run, Run, Side Rock / Recover, Lock step Fwd, Rocking Chair, 1/4 Turn L, Coaster Step

1&2& Stepping forward on Rf, stepping forward on Lf, rock Rf to the right, recover on Lf (9:00)
3&4 Step forward on Rf, lock Lf behind Rf, step forward on Rf weight onto Rf
5&6 Rock forward on Lf, recover on Rf, step back on Lf weight onto Lf
7&8 Make a 1/4 turn to left (6) and step back on Rf, step Lf beside Rf, step forward on Rf weight onto Rf

Sec 3: 17-24 Syncopated Lock Steps Fwd, 1/4 Pivot L, Continue a 1/4 Turn L. Side, Behind side Cross

1&2& Step forward on Lf, lock Rf behind Lf, step forward on Lf, step forward on Rf (6:00)
3&4 Lock Lf behind Rf, step forward on Rf, step forward on Lf weight onto Lf
5&6 Step forward on Rf, make a 1/2 turn to left (12) take weight onto Lf, continue a 1/4 turn to left (9) and step Rf to the right side weight onto Rf
7&8 Step Lf behind Rf, step Rf to the right, and cross Lf over Rf weight onto Lf (9:00)

Sec 4: 25-32 Side Points R-L, Heel Switches Fwd R-L, 1/2 Pivot L, Walk, Walk

1&2& Point Rf to the right, step Rf beside Lf, and point Lf to the left, and step Lf beside Rf (9:00)
3&4& Touch R heel forward, and step Rf beside Lf, and touch L heel forward, step Lf beside Rf
5-6 Step forward on Rf, make a 1/2 turn left (3) and take weight onto Lf
7-8 Stepping forward on Rf, stepping forward on Lf weight onto Lf (3:00)

Sec 5 33-36 Cross Rock, Side Rock, 1/4 Turn R, Back Rock, Lift

1&2& Cross rock forward on Rf, recover on Lf, rock R to the right, recover on Lf weight onto Lf
3&4 Making a 1/4 turn to Right (6) and rock back on Rf, recover on Lf, and lift R knee up

Begin Again!

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